

Los Angeles Valley College

Valley Star

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ASU posts are still open

By SHARYN CADIA
Staff Writer

There is a vacuum of power on the Los Angeles Valley College campus. The Associated Student Union has eight leadership positions that are still open.

These important offices are: Commissioner of Black Ethnic Studies, Commissioner of Chicano Studies, Commissioner of Elections, Commissioner of Evening Division, Commissioner of Gay and Lesbian Concerns, Commissioner of Jewish Studies, Commissioner of Senior Concerns and Parliamentarian.

The qualifications of an ASU officer are: carrying nine day or six evening units with a 2.0 grade point average, the willingness to help and attend all executive council meetings, which are held every Tuesday from noon to 2 p.m. and working in the ASU office for six hours a week to help with photo identifications, xeroxing, answering phones and helping students.

This is a great opportunity for students who are interested in getting involved and making a difference.

Bonnie Anderson, who was commissioner of student welfare last semester, helped with voter registration, organized the blood drive and worked on the committee to activate LAVC's new health clinic.

Anderson's big love was organizing Cultural Awareness Day in April. She wants to educate and bring together people of different cultural backgrounds and decrease prejudice.

Anderson is motivated by activism, and believes that many ASU leaders are also. "I'm a die-hard activist. I really like to help people and make a difference," she said.

Jesse Hernandez, the ASU president, said, "Being an officer expands your leadership skills. You're a watchdog for the student body at large.

You keep your eyes open to any detriment to student life on campus, or at the district or state level."

Hernandez continued, "Being an officer allows you to mobilize your ideas and make social, political and cultural life on this campus more exciting. It enables you to use resources to put together events and programs that the students would like. Without ASU there would be no Cinco de Mayo, Black History Month or campus clubs. The clubs are the arms and legs reaching out to the students."

"This semester much of my energy will be focused on the fee increase and the \$301 million cutback for community colleges," said Hernandez, "My battle is there. We will have rallies going and legislators coming to speak to students. We're organizing a letter-writing campaign and a student lobby day in Sacramento in conjunction with other ASU's."

Hernandez has gained much from ASU. "I learned to listen to others and respect other ideas and goals. I'm more aware of the issues and education's plight. I had no idea what a mess the educational system was. I want to make sure the system is preserved, not only for myself, but for my fellow students and students to come," he said.

If you are interested in any of the open ASU positions, an application can be picked up at the Office of Student Affairs in the Campus Center room 100. Fill out the application and return it to the same office.

Applications need to be submitted the Thursday before the Executive Council meeting in order to be considered that week. The application is presented to the Council, and the decision is made in a closed session by a two-thirds majority.

All of the open positions are one-semester offices. They will be left open until the positions are filled.

Health center offers family planning counseling

By GREG NIELSON
Staff Writer

With the opening of the Los Angeles Valley College Student Health Services Center, students now have a wide variety of services to choose from. Whether it is emergency treatment or helping people quit smoking, the Center offers a staff of trained professionals and a relaxing environment.

According to Certified Physician's Assistant Carmen Queral, an average of 13 students a day are being seen. Feedback has, generally speaking, been good with complaints so far centering on the issue of the mandatory health fee.

The introduction of anything new

naturally comes with the potential for new concerns and such is the case with the Center.

Family planning is one of the counseling services available and one which, of course, touches on the highly emotional subject of abortion. Students who seek family planning counseling are offered two referral options: Planned Parenthood for those looking to terminate a pregnancy and the Mission City Community Health Clinic for those who want to carry a pregnancy full term.

The Clinic assists patients in applying for Medi-Cal if they are eligible as well as providing both medical care during the pregnancy and post-natal care in the hospital.

Please See HEALTH, Page 3

Taking a moment for reflection



ADAM CROCKER / Valley Star

Monday's storm left puddles, like this one pictured above, and some damage around campus. The Community Services building

lost some ceiling tiles and the library roof sprung a leak, but even this puddle was dried up by Tuesday afternoon

BSU celebrates Black History

By JOSE I. LEMUS
Staff Writer

More than just being a traditional celebration, Black History Month must emphasize the achievements of blacks in this country and their invaluable contribution to the American culture, black leaders agree.

"It is a celebration of our leaders, our scholars, our activists who have sacrificed their lives for the betterment of blacks," said Liz Alexander, vice-president of the Black Student Union (BSU) in addressing a crowd of about 300 students at Monarch square during the opening celebration Monday Feb. 1.

The observance of Black History Month goes back to the early 1920's and is attributed to the efforts of educator Carter G. Woodson for promoting the constantly denied contributions of blacks to American culture. It began as an observance of the Negro History Week, and in 1976, February was established as Black History Month.

To gain such an achievement blacks have fought tirelessly through the years against slavery, segregation and other forms of oppression.

"This is a special time set aside to honor our leaders as a thank you," Alexander said. Among those leaders she said are Dr. Martin Luther King Jr., Booker T. Washington, W.E.B. DuBois and Malcolm X.

The opening event hosted by the BSU was given in memory of retired

Supreme Court Justice Thurgood Marshall, who died two weeks ago. The program included a regional sweet dance from West Africa, with dancers wearing traditional West African customs from Senegal and Mali and insightful black poetry and music.

Professor of African American Studies Barbara Stoffer challenged students to carry on the torch of leadership, and to be an example for future generations. She told them not to forget the sacrifices of other blacks in the past.

"We cannot take anything for granted, we cannot think that we are here at Valley College because people have wanted us here. We are being educated today because people had died for our right to an education, because they believed that the black people, the same as anybody else, needed education and we have to remember that," she said.

Jose De Sosa, state president of the National Association for the Advancement of Colored People (NAACP), said we also need to recognize those who are making history today.

He referred to people like Rosa Parks "The First Lady of Civil Rights". She is currently touring the state of California and speaking on her experiences on civil rights, including the Montgomery bus boycott she initiated and led together with Dr. King in 1957.

De Sosa also mentioned the Reverend Jesse Jackson, Dr. Benjamin Hooks, executive director of the NAACP, John Mack of the Los

Angeles Urban League and Danny Bakewell of the Los Angeles Brotherhood Crusade.

"These are the people who are challenging the system and making it right for everyone. They are the ones who stand up and speak up against the wrong that's being done to African Americans and other minority groups, and they deserve recognition," he said.

"All young people, not only African Americans, need to know the extent of these leaders' work, as to what they have done to help break down barriers and to bring to the forefront the black involvement and achievements that have gone unrecognized," he said.

The "wrong" De Sosa referred to is the continued undermining of the black contribution to the American culture throughout the years. Black inventions such as the traffic light are not attributed to blacks in history books and it is not in the textbooks used in schools today to educate youngsters, De Sosa claims.

He cited an event in which the French government gave recognition to black Americans after their involvement in World War I, but they were never recognized in America. He claims that there is a wrong message being sent to the people.

"So when the kids go to school and they just see Jack and Jill going up the hill and all they see is a little white boy and a little white girl, these are the things that concern me because there is so much that is left out," he said.

De Sosa suggested that a great deal of black history can be learned by sitting down to talk to older African Americans and record their experiences. He said black history should be emphasized all year long and emphasized in a way that will produce change in the understanding of young generations about blacks in America. He suggested an examination about black history making today.

"We have to change our thinking as to whether we want to educate or whether we want to incarcerate our youngsters," he said, referring to the increasing degradation of the American educational system. "We are determined to make sure that when history is written, that it is not written in a way that (will show) that blacks were incarcerated," he said.

De Sosa expressed his hopes in the Clinton administration. "This change of administration might have very positive effects on the history of African Americans in this nation." But he warns, "We do not want to take it for granted that we can have a piece of the American pie. We can only do so by our vigilance, our participation and our continued effort in making demands for equality in the system," he said.

BSU on campus will be hosting various events during February in observance of Black History Month. For information contact the BSU. Also the NAACP in conjunction with other organizations will be sponsoring events throughout the San Fernando Valley.

AIDS dance-a-thon planned

By ANDREW SAMUELSON
Staff Writer

"Lend AIDS Victims Compassion" is the theme for Los Angeles Valley College Associated Student Union's AIDS dance-a-thon that will be held Friday, Feb. 19 at Monarch Hall and will benefit five hospices and clinics in the Los Angeles County.

The three hospices that are the beneficiaries are City of Angels, Homestead Hospices and Shelters and Minority AIDS.

The two clinics are in Long Beach and Manhattan Beach. They were chosen because they are non-profit organizations and they give free HIV testing and counseling, said Tracy Hart, commissioner of

AIDS awareness.

"Every cent of the money will be going to these places," he said.

Everyone attending the dance will receive a stuffed animal that will have three colored condoms attached to it along with instructions on how to properly use them.

"We're giving out the stuffed animals to promote safe sex," Hart said. "We're not promoting people to jump into the sack."

In addition to helping the clinics, the dance-a-thon is part of the AIDS awareness program that is trying to heighten awareness of the disease on campus, Hart said.

Hart was formerly the Commissioner for Gay and Lesbian Affairs before he was appointed to his cur-

rent position. He has had to organize the dance by himself, but added that the different clubs on campus have been supportive in making it come together.

At the ASU meeting on Tuesday, Hart appealed to his fellow commissioners for volunteers that would help him spread the word about the dance. He said he needed help getting people to come out to it. ASU President Jesse Hernandez said that he would personally spread the word.

Hart said that after the dance he plans one other event for this semester: a vigil for Ryan Knight, the youngster who died of AIDS and was not allowed to attend school while he had it.

For the record

Semester grades are finally out!

By SARY FORNARIS
Staff Writer

The Community Colleges District Office had the Fall Semester grades for Los Angeles Valley College, printed, stamped and mailed out by Feb. 3. Contrary to what some students think, the grades were not late.

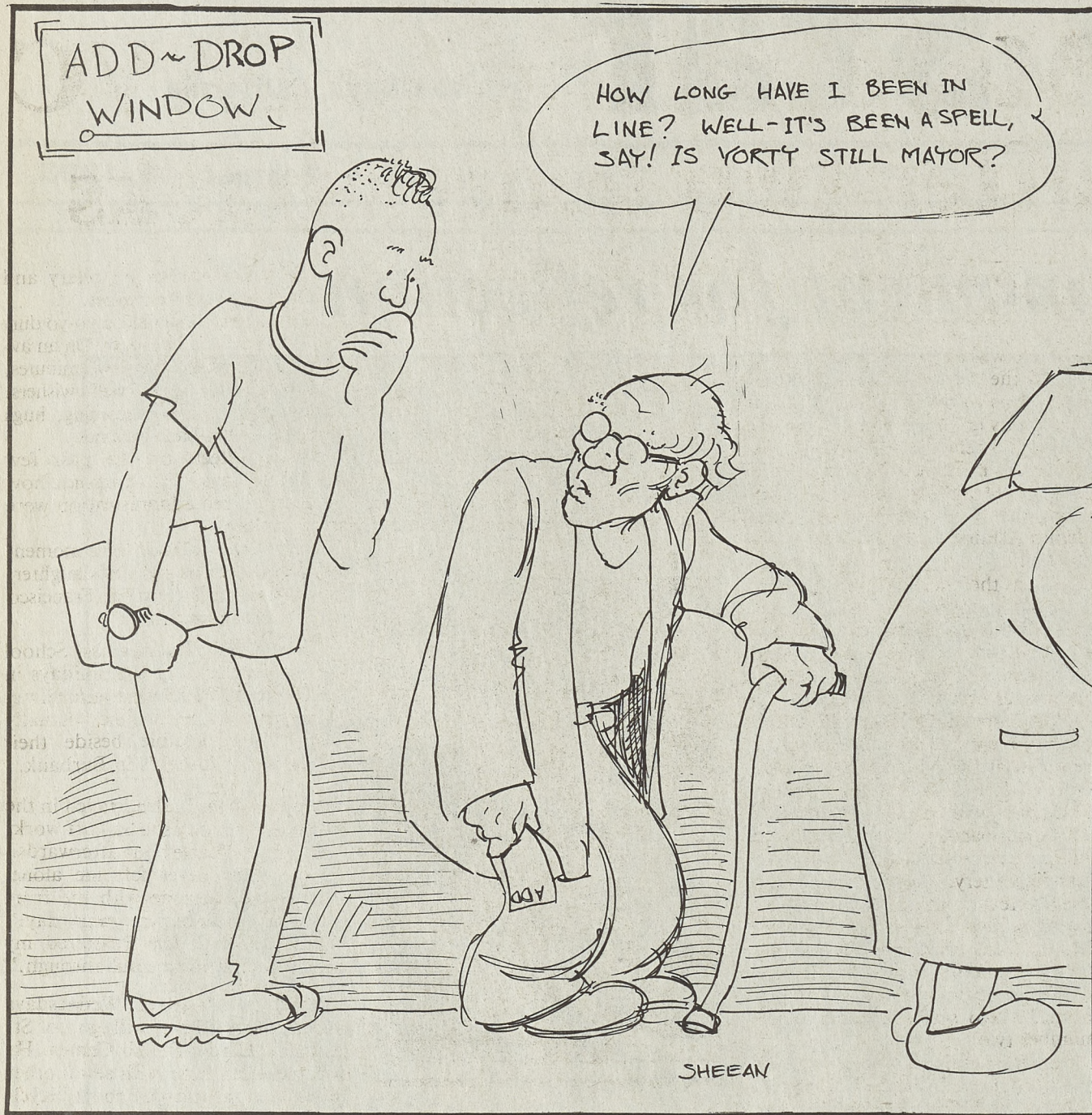
Marilyn Moy, associate dean of admissions at LAVC, said that last term grades were ready very much at the time it had been projected between the last week in January and the first week in February.

Although for some students the wait since December exams seemed long; "I think they are later than ever this term," said K.C. Grant, a Computer Science major; for others there was no unusual delay. "It always takes this long. This is my third semester at LAVC and I usually get the grades way into the next term," said Krissi Olson, a child development major.

Her friend, Cindy Gallup, already knew her grades because she, like many other students, had given her instructors a stamped self-addressed postcard the last day their classes met.

"There is a misconception amongst students regarding when the grades are due," said Moy. "Because they take the exams in December, they expect the results in the mail before the new term begins. But the last day for teachers to turn in the grades was Jan. 9th. The process is complicated. If something is incorrect on the report, we have to go back to the instructor to correct it."

Moy explained that for students who needed their results for transfer purposes, special accommodations were available through the Admissions office.



Drop a class, get irritated

By SHARYN CADIA
Staff Writer

It is 5 p.m., February 1, in the admissions office of Los Angeles Valley College. There are two hours left to drop classes and still receive a refund.

Moans and groans can be heard from students of all ages and sizes; their feet shifting back and forth in an effort to find comfort in a line that keeps getting longer by the minute and seems to be edging forward about six inches every 15 minutes.

I am considering why, on this important day, there are only two clerks working behind those brown windows.

Occasional comments drift up from the crowd about slowness and inefficiency and fade to a whisper. Students look at watches, shift feet from one to another and wonder out loud what can be said to teachers for being late to class or to rehearsals.

Finally, after 45 minutes, two more clerks suddenly appear and the line moves faster. After 50 minutes of sore feet and aggravation, I'm home free! No, it's not to be. I am told to go across the campus to the business office.

Another 30 minutes in line there and I am presented with another surprise - no refunds after 3 p.m. The refund can be mailed to me or I can come back another day. "How long will that take?" I ask with caution. "Four to six weeks," the clerk replied. "Never mind, I'll pick up the money another day," I said. "Why did I need to come here now?" I asked. "Just to make sure

that you're processed in the computer," he said.

A few minutes before, the clerk had been harassed by a disgruntled, upset female student who had stormed out yelling, "Just remember that you're supposed to be here for the students!"

"She has a problem," he remarked.

I could understand her frustration. One and a half hours later I was finally glad to be out of there. This also got me to thinking. What if I had to work until 5 p.m.? Would I feel like standing in line for this long? Would I be able to get off work early enough to drive to LAVC and make the deadline?

Mike De la Paz, an LAVC student, dropped his class the Friday prior and said "The line was awful. There was one person handling refunds. With all of the people, it took too much time." His suggestion was to add workers to make the line move faster.

Joanne Barrios, also a student, dropped a class one week after school started. "It was weird. I went to Monarch Hall and dropped a two unit class. I was supposed to be refunded \$20 but since I wasn't sure if I was going to add a three unit class, I was told that they would keep the \$20. I didn't argue, but when I went to the business office, I was told they had to give me \$20. I went back and forth two to three times. It took me over two hours," Barrios said.

This year the fee refund is even more important because students are paying more money per unit.

Only having until the second week to decide if you can handle a

schedule is not enough time. Because of the holiday, students with a class on Monday evening only had one class to determine if they needed to drop for a refund. That is not enough time.

The dates are set from the state by the Board of Governors, but that could be changed if enough people complain.

Why couldn't more staff be hired on that last day to receive a refund to accommodate the students? "Money is the issue," said Marilyn Moy, dean of admissions and records.

"It costs approximately \$648 a day to pay for clerical staff that we use in the 13 days that we are in Monarch Hall," Moy said. "It's human nature to be late. People have to plan their lives and they need to know the deadlines," she said.

Why, for efficiency's sake, couldn't the paperwork and refund be done in one place and in one operation? Why do students have to 'travel' to two different places? What a waste!

Moy replied that the business office couldn't move because of 'security' and the work couldn't be done in admissions because the building is 'to open' with many people going in and out.

The administrative staff at LAVC is intelligent, but this system just feels like another bureaucracy that works against the students, like the Los Angeles government bureaucracy works against its residents.

There is a need to streamline this administrative paper trail so that this college can work for us. The students at LAVC deserve better.

Expressions sent from the heart

By NANCY VIGAN
Editor-in-Chief

Cards, flowers and chocolate candy in heart-shaped boxes; expressions of the heart which represent not only romance, but simple hints of caring from a loved one.

Through the years Valentine's Day has had a continued building of momentum. What once was considered a holiday for lovers (medieval European belief is that birds began to mate on that day), has become an free-for-all of affection not only between lovers but family (children, parents, grandparents, aunts and uncles) and friends.

Historical accounts dispute whether the day has any connection with St. Valentine (or one of a few St. Valentines), whether it is in align with the pagan Roman festival of Lupercalia or perhaps just a celebration of the spring season in general.

Lovers have come to expect a gift of endearment from their mate, or at least a remembrance. "I'd feel unwanted, [if my girlfriend didn't celebrate Valentine's Day]. On the day that is so romantic, I'd feel no love, because she just forgot me," said Andrew Embuido, ASU commissioner of Asian concerns.

However, does this not give a left-out feeling for those who have no lover? "Not only Valentine's Day, but any day I feel lonely [without a girlfriend]," said Rayvone Douthard, an associate justice for ASU.

Enter cards for children to exchange, hand-made cards for family, and yellow roses and spring bouquets for friends.

In Russia, Valentine's Day is not celebrated said Renata Browstein, computer science major who moved to the U.S. a couple of years ago. They have a women's day in March and a men's day late in February where gifts are given which are not necessarily romantic in nature, she said.

"It's too bad we have to pick a [certain] day when we should be nice to the one's we love," said Mary Valentine, sociology instructor who has taught at LAVC part-time since 1977. However, she claims it is the best holiday of the year. When she was young, she said, "it was very special [to have the name Mary Valentine], I felt like I was the center of attention in class."

"This day makes people smile," she said, however "I would guess that for some it is a bad time - if their romantic lives are not what they want [them to be]."

Conversely, Erik Johnson, a part-time night student who is currently single said he "wouldn't even notice it."

Valentine's Day has evolved into more than just a lover's day, but a day to show love and affection for others. Although now highly commercial, we can choose to ignore the hype to spend a lot of money. But why not take a moment out to show someone you care?



LAURA REYNOLDS / Valley Star

Letter to the Editor

Stop thinking: do it

Dear Editor:

In last week's edition of the *Valley Star*, in the article, "Students: get your heads out of the sand," which said that it is time that the students of Valley College become involved in the school. I, personally, as well as the ASU could not agree more. But one question that I know is asked is, "How do I get involved?"

Let me tell you a little story. About two years ago, as I was leaving Professor Broslawsky's Poly Sci 5 class, this guy came up to me and asked me if I had a cigarette. Being the kind of guy I am, I gave him one and from there, a friendship began.

Turns out this guy is Jessie Hernandez, the 1992-'93 Student Body President, a fact of which I was not aware.

At the beginning of the Fall '92 semester, I went down to the ASU office to look Jesse up and, after a few hours of in-depth conversation, he told me to run for a position on the Executive Council.

Well, I ran, and I won. I realize that not everyone can be in the right place at the right time but if you really want to be involved in what's going on on campus, join a campus club or get some friends together and start your own.

If you need help or information, come to the ASU office in Campus Center Rm. 102 and we will be more than happy to help.

Another way to be involved is to keep informed about on campus activities. For instance, on Wednesday, Feb. 24, ASU is holding a rally in Monarch Square. This rally will be to inform students on what Governor Pete

Wilson's budget has in store for us.

This is the perfect time for students who want to be more active to participate.

Always keep in mind that you must also take a stand as citizens. It doesn't take much time to write a letter to your legislator or to Gov. Wilson himself.

You can also call their local offices to voice a complaint or an opinion.

We at the ASU are always looking for enthusiastic people who want to get involved on campus. If you are interested in being a part, come down to the ASU office and tell us what it is you want to do. Whatever that may be, stop thinking about it and get involved.

Don Graham Jr.
ASU Commissioner
Public Relations

Castro is no George Washington

By SARY FOMARIS
Opinion Editor

It makes me sad to think how every year the true meaning of Presidents' Day gets buried in the euphoria of the trips to Disneyland, the ski slopes and the backyard barbecues.

Children are thrilled. Nothing else matters. There are no classes. Adults are not far behind in the excitement and welcome the break of the nine-to-five routine.

Of course there is more to this celebration than a long weekend holiday. It is worth it to remember how George Washington and Abraham Lincoln's lives were tied to our rights to freedom, justice and the pursuit of happiness, and how many other nations are denied those rights.

That is how my mind goes back to the island nation of Cuba; 34 years under the same regime, and with no

signs of an imminent radical change. The country's economy is in shambles. What remains of the technological advances gained during the first 15 years of Russian god-fathering is nothing but inoperable equipment, obsolete literature and broken and rusty machinery in the hospitals, the colleges libraries and the industries junk yards.

This is the island where nothing is taken for granted because nothing is left to be taken. Food and clothing are still rationed, human rights and freedom of speech are violated every day, the country is kept practically isolated from the rest of the world and national elections are unheard of.

All is controlled by one ideology, one party, one man: Fidel Castro. A man oblivious to the frustration and the pain of the people. Too callous to recognize that the verde olivo of his uniform does not command respect, that his days of glory are

gone like the ashes of his Habano, that he has nothing to offer to the country and that change is due.

But forget about Castro stepping down. It will take a revolution to destroy the Revolution. The force from within, poorly armed and as vulnerable as cannon fodder, yet unafraid and determined and propelled by its thirst for freedom, will have to do the job.

George Washington had the backing of the whole army. They would have made him king. He had the support of just about the whole nation, yet he thought he had given to his country all he had to give. It was time to quit. But Castro is no George Washington, needless to say.

In Cuba there will be no "Farewell Address," the blood of the people will have to irrigate the soil, so that a free nation, with a chance to freedom and justice for all, may be born.

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CNPA JACC
Editorial and Advertising Offices
5800 Fulton Ave. Van Nuys, CA. 91401
Phone (818)781-1200, Ext. 275/276
Advertising Ext. 239

NANCY VIGAN
Editor-in-Chief

JULIE D. BAILEY
Advertising Director

Represented by CASS
Advertising Service
1800 Sherman Pl.
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***** LETTERS ***** LETTERS *****

The *Valley Star* is happy to receive and, if possible, publish letters from its readers.

The *Star* reserves the right to condense all letters for space considerations. Submitted letters should be limited to 350 words. Letters are subject to editing if they are obscene, libelous, or

make racial, ethnic, religious, sexist, or sexually oriented denigrations.

Letters should be signed and include student's major and ID number. Letters may be presented to the *Valley Star* office, Bungalow 25, by Monday morning for the following Thursday.



Winter camp aids learning

By DEREK ANEY
Staff Writer

In the midst of Crazy Hats Week, the Los Angeles Valley College Monarch Winter Camp for kids is in its final days of operation.

"Monarch camp is a program offered through LAVC Community Services that is designed to serve the recreational and educational needs of the college community," said Camp Coordinator Gary Honjio.

The winter camp provides day care in an educational camp environment from 7:15 a.m. to 5:45 p.m. Monday through Friday to children between the ages of 5 and 14. Various sports camps operate as part of the same program for children 9 to 16 years old, Honjio said. These camps feature most of the major sports including basketball, soccer, and gymnastics.

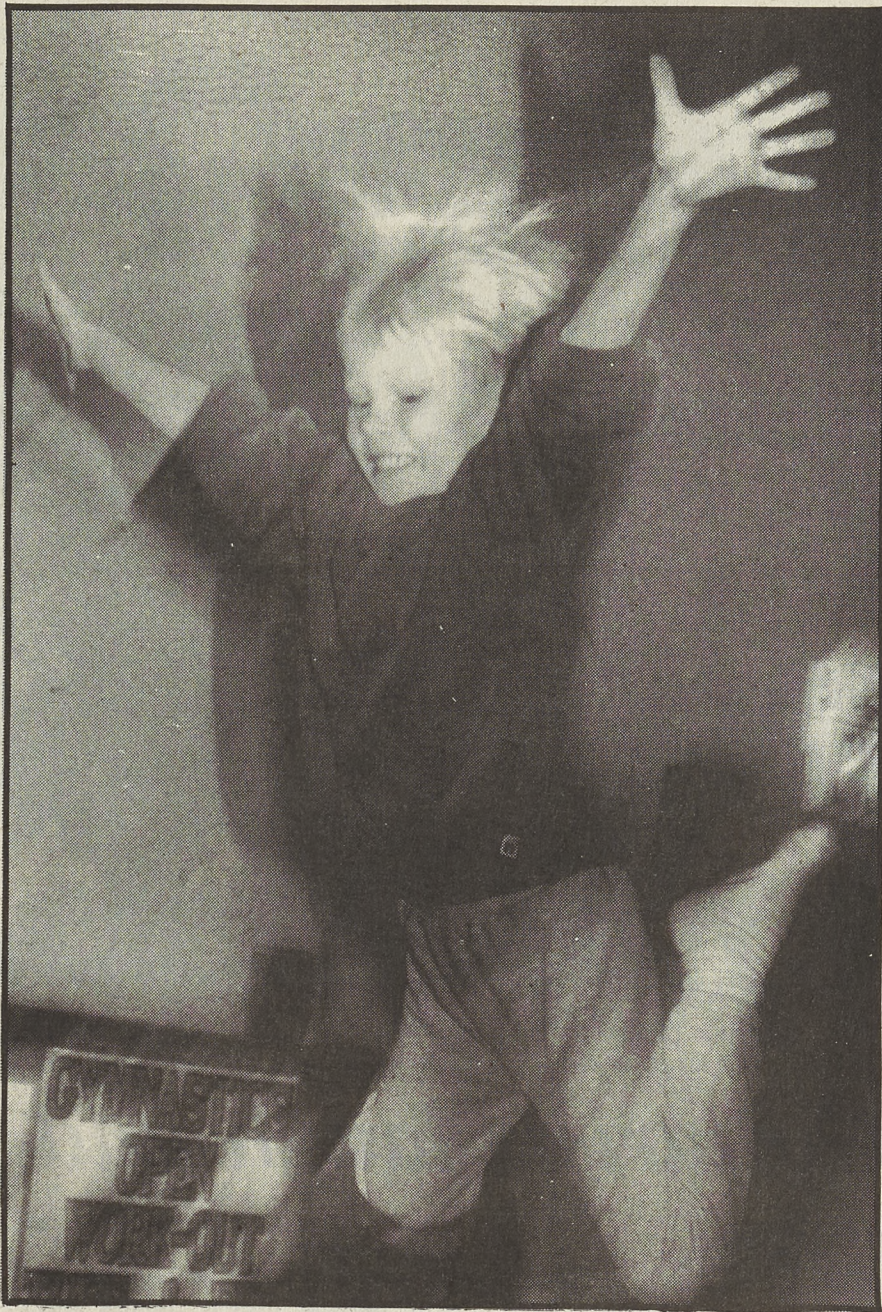
Featuring themes of the week that are related to regular activities including arts and crafts, a typical day at the camp includes instruction in sports such as archery, golf and volleyball.

"When a child comes here it's not just roll out the ball and have fun, we want them to have a good time but we also want them to learn various sports skills," Honjio emphasized.

According to literature available in the Community Services office, performing arts, science projects and writing are part of the instructional education periods while activities such as video games and billiards are available during recreation time.

"We are now in our second year of our winter camp program, which we have instituted to help children and parents who are on the new L.A. Unified year round calendar," Honjio said.

The winter session enrollment is limited to 120 campers, and is operating near its limit. Instituted as a half day summer camp in the early 70s, Monarch Camp now has a full day summer program that enrolls approximately 500 kids. Due to



SHARYN CADIA / Valley Star

Benjamin Brown in mid-air, jumps from the balance beam on the

obstacle course during Monarch Day Camp's morning gymnastics.

space limitations early registration is recommended for both summer and winter camps, Honjio advised.

Winter Camp fees range from \$80 to \$116 per week, depending on scheduled activities and how far in advance the dues are paid. Discount programs are available.

"We also have children that are referred to us by the Child Care Resource Center. This is a program where the state pays for all or part of the fees for parents who work but are financially unable to send their kids to camp," Honjio said.

Children may also enroll daily for \$22 to \$29 depending on prepayment, but there is a two day per week minimum.

While there is currently no intention of expanding enrollment limits, there are new types of programs being planned. "This summer we are going to institute a travel camp for kids 12 and older. Every day of the week they will go somewhere like the beach, Disneyland or the Wilderness Theme Park. However, we do have to charge additionally for the program," Honjio said.

Performances: On Thursday Feb. 18, in the Music Recital Hall, 11:00 a.m., Soprano Lisa Stidham and Pianist Victoria Kirsch will be performing songs by Mozart, Samuel Barber, Poulenc and Rossini Francis.

Astronomy Club: The Astronomy Club is having a meeting on Sunday, Feb 14 at 7 p.m. in the planetarium. All are welcome. Saturday, Feb. 20 the club will hold a star party. Binoculars and telescopes are not necessary but are useful. For more information call ext. 335.

Dodgers Night: Friday April 30 at 7:35 p.m. Purchase tickets for \$8 at the Business Office by Friday February 19, 1993.

Mayo returns to LAVC after two heart attacks

By EVA R. YELLOZ
Staff Writer

There was an empty desk in room 103 in the Administration Building when Los Angeles Valley College opened its doors on Jan. 11 for the Spring '93 semester.

Faculty members each received a piece of inter-office correspondence from the Vice President of Academic Affairs, Tyree Wieder, wishing them a happy new year and telling them their spring schedule.

A paragraph of the directive was used to inform them that the Dean of Academic Affairs, Sam Mayo, suffered two heart attacks during the winter break.

After spending Dec. 26 doing clean-up work and some concrete removal at the new house he built, Mayo suffered his first heart attack.

He was hospitalized at St. Joseph's in Burbank and was found to have a 60-70 percent blockage of the left descending artery. These conditions are usually treated with medication. After spending five days at St. Joseph's, Mayo talked his doctors into letting him go home for New Year's Eve.

Within 15 minutes of his arrival home, Mayo suffered heart attack number two.

He returned to St. Joseph's and his cardiologists, Doctors Douglas Schreck and Daniel Eisenberg, decided he was a candidate for an angioplasty procedure. Angioplasty is usually reserved for patients who have a 90 percent blockage; however, Mayo's was found in the arterial curvature, necessitating this procedure.

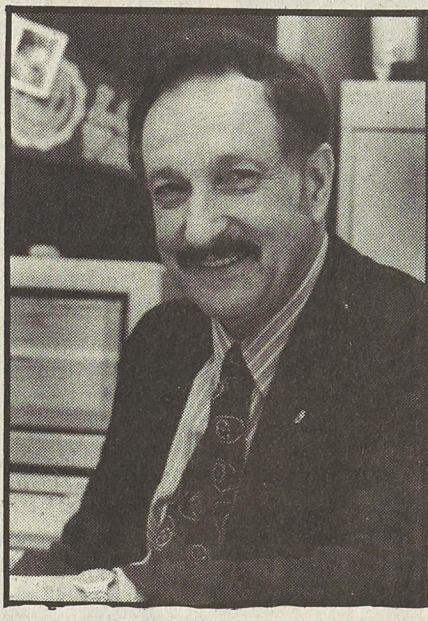
While fully awake, Mayo witnessed a two-and-a-half hour operation being performed on him.

When asked if he was frightened, he said, "I was more fascinated than frightened. I had complete confidence in my cardiologists."

Mayo added, "I watched as they placed a tube in my femoral artery. They used five balloons."

Mayo has a "Type A" personality. In cardiologist's lingo, that means a high stress job, a person who tends to take on too many things at once, excessive hours on the job and someone who doesn't allow himself "down time."

On Monday Feb. 1, back at his desk, Mayo makes plans for his daily regimen.



"I was more fascinated than frightened. I had complete confidence in my cardiologists."

Sam Mayo

On a corner table in his office, there's a platter of fresh vegetables, non-fat dip and low-cholesterol crackers. Mayo sips caffeine-free

coffee and munches on celery and crackers between sentences.

He is up and down like a yo-yo during the 45 minute interview. On an average of one person every two minutes, Mayo rises to greet well wishers. Reminiscent of a homecoming, hugs and pats-on-the-back abound.

Mayo reflects on the past few weeks and says, "It's awesome how the faculty and administration were there for me."

Mayo's eyes focused for a moment as he spoke of his son and daughter, who both came in from San Francisco for the winter vacation.

They attend Hastings Law School and made plans for the holidays in Los Angeles. Plans were immediately changed as they spent virtually every hour possible beside their father at St. Joseph's in Burbank.

Mayo's wife, Leslee, stayed in the hospital every day she had off work, and every possible hour afterwards. "My family never left me alone. There was someone with me from 9:00 a.m. to 8:00 p.m. every day," Mayo added, "This bolstered my spirits and helped me pull through."

Now, on Mondays, Wednesdays and Fridays Mayo will go to St. Joseph's Cardio-Rehab Center. He will spend an hour with seven other patients in the exercise room bicycling, using the rowing machine and the treadmill. Mayo will wear an electronic monitoring device during his rehabilitation exercise session.

After sweating it out, he will attend a half-hour lecture on cardiovascular lifestyle. Stress management, diet and cardio-drugs are discussed at the lecture.

Mayo reminds himself out loud that he needs a couple of little breaks during his busy day. He will take two 15 minute respites and he is even planning on taking a lunch.

Health: LAVC offers family planning

Continued from Page 1

All this is cause for concern for John Mina. A co-founder of Collegians For Life Movement, established at LAVC in Fall '89, he was not especially thrilled that the mandatory health fees would be used to assist students in family planning referrals, specifically those involving abortion.

As such, Mina would have preferred to see the Center not open in the first place. He goes on to say that the fact that the Center also offers alternatives to abortion makes him take a more middle of the road stance. At least for the time being.

Mina has his eye on litigation that

is currently pending at the University of California at Davis. There, he says, six students initiated a lawsuit against the university in June of 1992 over the mandatory student health fee being used, partly, to offer abortion counseling.

Mina says he feels satisfied that the Center offers choices on both sides of the issue, but if anything happens to compromise that balance he would pursue legal recourse and the Davis lawsuit would serve as a blueprint.

Mina takes issue with the fact that the Center provides condoms (according to Dean of Student Services

Mary Spangler, they are available) calling it, "hypocritical."

"They should be teaching abstinence," he says. "Condoms do not guarantee birth control." Asked if counseling should focus more on things like instilling self-esteem, Mina agreed.

Whether or not one agrees with the new services being provided by the Student Health Services Center, one thing is for sure. At an average of 13 patients per day, it is off to a promising start and, should it be necessary, students can take comfort in the fact that professional health services are but moments away.

NEWS BRIEFS

Drop dates: The last day to drop classes without receiving a "W" is Thursday Feb. 11.

Art Show: On Monday Feb. 1 the LAVC Art Gallery held a reception for its new art show featuring the work of David Starrett. The show will run until Mar. 4. Gallery hours are Monday thru Thursday 11 a.m. until 2 p.m. and 7 p.m. until 9 p.m. For information call (818) 781-1200 ext. 400.

Financial Aid workshops: Financial Aid workshops will be

held in the Cafeteria Conference Room on Thursday, Feb. 18, 3 p.m. to 4 p.m. and Wednesday, Feb. 24, 1 p.m. to 2 p.m.

Science Lectures: The Earth Science Department is holding a spring lecture series in celebration of its 39th semester. The series runs on Tuesdays on Feb. 9, Feb. 23, Mar. 9, Mar. 23, Apr. 13, Apr. 20, and May 11. They will be held at noon in the Math Science building in 113.

Raggae Sunsplash: On Wednesday, Feb. 17, in Monarch Hall, The Black Student Union will be sponsoring Raggae Sunsplash, as part of the Black History Month celebration. The event starts at 11:00a.m. till 2:00p.m.

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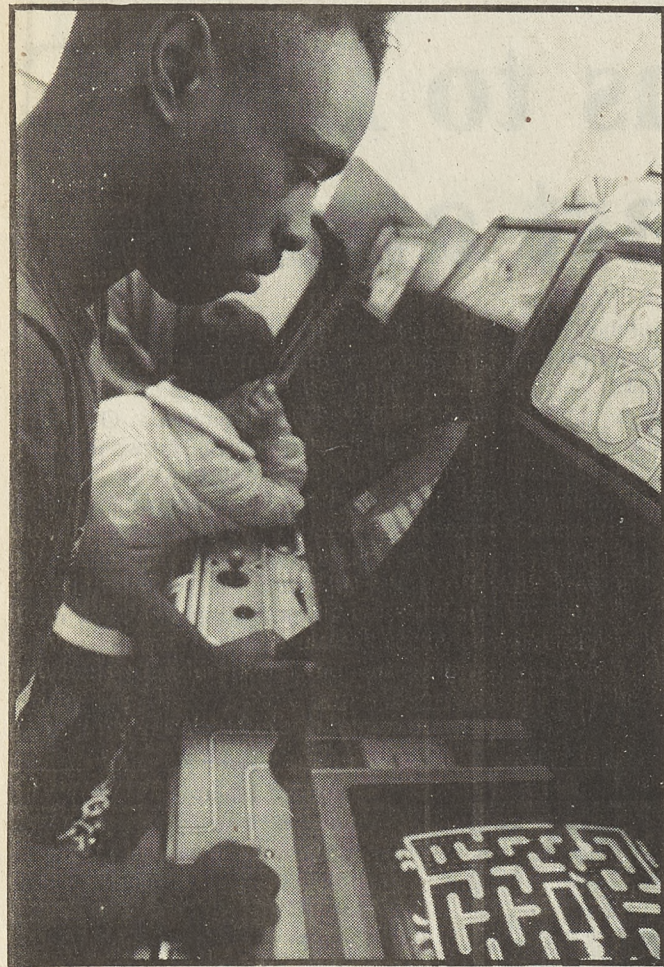
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ADAM CROCKER / Valley Star

Student Robert McGee plays Ms. Pac Man up to an hour a day, saying it helps him to relax after classes.

Arcadamania

Video wars rage in cafe

By EVA R. YELLOZ
Staff Writer

Tucked away in a dingy corner of the Los Angeles Valley College cafeteria, five old arcade games stand side-by-side, chained and locked together in a massive hulk. They provide minutes or hours of entertainment to the casual player or video game addict and for the bored and weary student, these machines can provide a quick "high" or temporary challenge.

English major and basketball player, Robert McGee is in control, with one hand covering the joystick and the thumb of the other hand pumping a button. He plays the games three times a week, before shooting for the hoop. He says, "I play Super Tecno Bowl at home. Playing helps me relieve stress and pressure."

Winners enter new levels of excellence with fanfare and bells sounding from the games. Life-like cartoon figures wrestle, belt it out and bad guys drop while the good guys get cheered by their buddies.

On Friday afternoon, a solitary player can be found in the little corner of the lunchroom, facing the chained monster-like machines. Smells of french-fried potatoes and institutional food are background for the player. Sounds of chitter-chatter and the rumbling noise of an attempt to destroy alien spaceships fill the player's ears as he stands with his legs crossed and head bowed slightly toward the screen.

Every few minutes the machine spews out a sound like a Star Trek phaser. The bleeping and squeaking never end. The player shifts his feet, he must be getting tired. Soon another strange noise; sounds like he hit the jackpot, and it's over. A smile of satisfaction covers his face. A glance at his screen shows the score: 998,310.

Carlos Hernandez, 20, has been playing video games for three-quarters of his life. Hernandez spends only 25 cents for almost an hour of excitement on the Galaga game. It's the only one he plays. He comes to the LAVC cafeteria twice a week and spends a maximum of an hour-and-a-half pressing the buttons. "It just passes the time between classes. The game is exciting. That's all," he says.

Sam Cory, 20, a student of electronics, pops by next. He drops by the cafeteria to play for relaxation, he says. He has a computer at home and owns the Galaga game. He says, "I'm used to it, and to tell you the truth, I'm hooked." He says he played more when he was a kid "but only after I finished my school assignments." Cory feeds the machine with \$3 to \$4 a week.

On a rainy day the cafeteria is flooded with students. There is a line next to the hungry machines, "Feed me, feed me!" they must be saying.

An administration of justice student, Julio Midolo, says he rarely plays video games. His 10 a.m. class didn't meet, so he had the extra hour. Midolo began playing Nintendo games when he was nine. Lately, he hasn't indulged himself too much. "I stopped playing when I discovered parties."

Hiroshi Matsushita, a transfer program student, says he needs to relax after studying and uses video games "to refresh me from the books."

Looking at facial expressions on the players can be a game in itself. Most express seriousness, while others show wonder and amazement.

The next player takes her game seriously. She rolls up her sleeves in preparation and fishes out a quarter out of her pocket. Her black laced shoes are simple and comfortable. She stands with her feet apart, while her elbows sway from side to side. She occasionally flexes her right hand to keep the blood circulating in her fingers. Her profile shows her mouth slightly open and her jaw dropping as she whispers to herself.

Alana Hidalgo's favorite game is Galaga. She began sitting in front of the screen when she was in kindergarten. Hidalgo is an 18-year-old first semester student who wants to be a lawyer. She says, "The game gives you a high, a challenge. I've played for six hours straight. My friends had to tell me to stop." Most days, Hidalgo spends her time between classes studying in the library.

When asked if she'll ever stop pumping away, the answer is a definite "No! Playing is a way of keeping your youth," she says.

Being in control when it's time to go back to class could be a potential setback when it comes to "Arcadamania," but Roland Mitchell doesn't have that problem.

He's in his first year at LAVC and studies fire science. Mitchell says he began holding the controls to a Nintendo game when he was in the sixth grade. Now, his busy schedule doesn't allow him too many hours of playing. Mitchell says, "I can stop whenever I want to." He remembers when he was younger, his mother had to call him for dinner more than once. "I'll be right there!" he told her; and continued the game until he was "out". Now his mother has the same problem with his little brother.

At the LAVC cafeteria, Mom's not calling anyone to dinner, and players can indulge themselves as long as their quarters last.



BOB LACATTIVA / Valley Star

Guitar students gather around as Olivier Chassain Manual Fernandez during the Masters Class held Sunday afternoon in the Music Recital Hall.

Guitarists laugh and play

By ROBERT MAIZE
Entertainment Editor

Adrian San Vicente hugs his guitar, closes his eyes, takes a deep breath and with the pained expression of intense concentration launches into a complicated Flamenco-type guitar solo.

He is performing for a group of 25 students and guitar enthusiasts at a master class given by Olivier Chassain last Sunday at Los Angeles Valley College. Chassain, a world renowned classical guitarist, was in Southern California on a concert tour co-sponsored by the Guitar Foundation of America.

When San Vicente finishes the piece, Chassain says in a heavy French accent, "Totally rad, dude." Everyone laughs and the ice is broken, the intimidating mystique of "master class" is debunked and the

formal structure of teaching is made more down to earth.

Chassain's class is a combination of musical insight, homey metaphors, humor and sometimes fractured but thought-provoking English. He plays, sings, laughs and jokes at the same time offering serious advice to aspiring guitarists.

Chassain uses his lively sense of humor to put students at ease. When asked about the proper technique for holding the guitar he quips, "If I told you that you had a nice body, would you hold it against me?" When a student announced he was playing a composition titled "Lullaby", Chassain put his thumb in his mouth and mimicked a baby sleeping.

There were serious moments during the class. When one of the players started, stopped, started again, then stopped again, Chassain remarked, "Everybody gets nervous when they have to express them-

selves. It is a matter of humanity, we're all the same. It is much more comfortable to be in the audience than to be up here performing."

He says he thinks of the guitar as a substitute for his own voice. "It has an intimacy unlike other instruments. You can bring it with you wherever you go. It is very attaching."

When a student complains about how hard it is to control his little finger, Chassain says, "It's like Jesus taking care of the lost sheep. You must take extra care with the 'lost finger'."

After the class San Vicente said, "It's like having a private lesson, only it's in public." This is his fifth master class and he adds, "This is really a good experience. Chassain is friendlier than most. Not all of the teachers have that ability for humor."

Beautiful guitar music, laughter, advice and insight from a master, certainly a good time was had by all.

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Coach: 2 wins away from 600

By DANA MEADOR
Staff Writer

Oh!, so close. If the Monarchs win two more games, Coach Jim Stephens will have an impressive 600 wins and 300 plus losses.

Coach Stephens, has coached for 31 years in the State of California and 18 in the Community College ranks. In 1962, Stephens began his career as a head cross country, basketball and track coach with a record of 46-30 at Daniel Murphy High School.

At Garden Grove High School, Stephens enjoyed the success of winning four Grove League Championships. In his last season at Garden Grove, his record was 27 wins and 1 loss. His overall record at Garden Grove was 71 wins and 33 losses.

Stephens moved on to Marina High School where in just six years, he won three Conference Championships and was runner-up for the other three. He was selected Orange County Coach of the Year four times—two at Garden Grove and two at Marina.

The records and the championships began to add up for Coach Stephens. In 1975, Stephens left the high school scene for an even-brighter future in the college ranks.

For seven years at Los Angeles Valley College, Stephens put together an impressive record of 130-87. He went to Los Angeles Pierce College, where in just two seasons he won the Metro Conference Championship and had a record of 46-16.

After returning to Valley, Stephens established the Lady Monarchs as the team to beat. As head coach for the Lady Monarchs, he won two conference championships in 1986 and '87.

He later moved on to the Men's Program, where at the beginning of this year, he only needed nine wins to get to 600. The coveted symbol of collegiate excellence could make Coach Stephens a member of that select few.

"I'm concerned about reaching the 600 wins mark, because at the end of this season we're not winning the games we should win," Coach

Stephens said. Two disappointing losses against Glendale and Bakersfield, would only affect the weary.

Glendale's Will Burr hit a three-point shot from the right corner with three-tenths of a second left to destroy the Monarchs chance for a victory. Wayne Carlisle and Brian Jackson were leading scorers in a heartbreaking loss.

The Monarchs second loss was also close losing to Bakersfield by a margin of 55-54. "We should have won those games. We have made mental mistakes that has caused us to lose those close games," said Coach Stephens.

The Women's Basketball team has been spectacular. In their last 12 games, they have won 11 to go with an already fine season of 24-4.

The Lady Monarchs crushed Glendale by a score of 80-58. Guard Rosa Mendez had 21 points and

eight rebounds to lead her team to another victory. Center Amy Horst had 13 points and Angie Quesada finished with 11 points.

With four games left in the regular season, the Lady Monarchs are setting their sights on the championship. They have the weapons and the spirit to go all the way. In practice, the team is reshaping their skills to take their awaiting foes by surprise.

"In practice, we're just working on defensive plays and concentrating on decision making," Guard Lilian Stanford said. Pushing the ball up the court under control on fast breaks is a big part of decision making.

Stanford said, "she likes to dribble." She has confidence in her skills and upon looking at her in action, it would be hard to take the ball from her. Between the legs, back and forth from the right hand

to the left, Stanford makes the art of dribbling look simple.

As a neutral mediator, Stanford acquired the name "Judge", because she doesn't take sides in times of confrontation. "I'm always trying to improve my game by means of working harder," said Stanford.

"If we win the championship, we will be on cloud nine," Stanford said. Since the sixth grade, Stanford had dreams of playing basketball. That dream is being lived now.

Another goal Stanford has is to join the Air Force or the Marines, eventually to become a Marshall. Stanford plans to go to boot camp by Fall of '93.

At 5'3", Stanford said if she could dunk, "all my shots would be dunks." Stanford really admits that her shot is from the three-point line.



BOB LA CATTIVA / Valley Star

Bakersfield's Hollie Lemarr is forced to slam on the brakes by Michelle Cabaldon's fine defense. The Lady Monarchs Notched another win Saturday 73-57.

On your mark...

By GREG NIELSON
Staff Writer

With the swim team relays scheduled for Saturday, February 13, things are anything but quiet at Los Angeles Valley College swimming pool these days. The relays, slated for noon at Santa Monica City College, kick off the 1993 LAVC Mens and Womens Swim Team Schedule with diving competition joining in Feb. 19.

With most of the team members returning from a third place win in last year's Conference Championships, coach Bill Krauss has high hopes for the upcoming meets. "We have some real experienced male swimmers including four who competed in the State Championships," he says. "Ryan Barry was one of the four. He's a great backstroke and butterfly. Wonmeen Jun is an excellent freestyler, who also was a member of the relay at the states events." Of the approximately 20 male swimmers on the team now, Krauss also sees real promise in freshmen Christian Imhof, Danny Hurley and Josh Fehring.

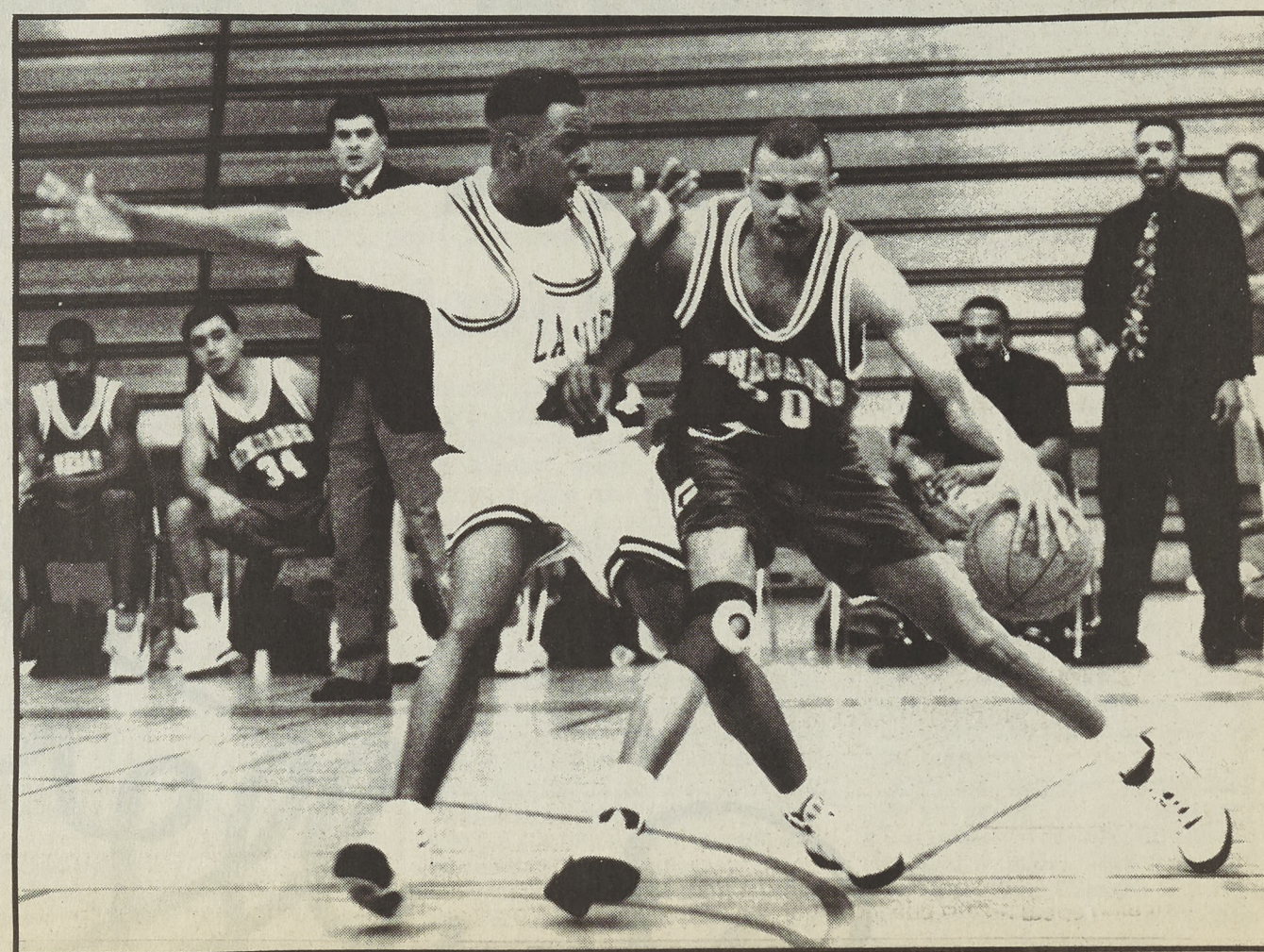
The women members number at close to 14, and he sees a lot of enthusiasm among them. "The inexperienced freshmen need practice to get up to race speed" says Krauss.

Among the new lineup, he mentions Elizabeth Valdes-Kennedy, Heidi Smith and Lisa Fletcher as standouts. Sophomore members Justine Lawrence, Luzmila Ocon and Lacey Weaver show strong potential for the new season.

Krauss says there is a lot of good competition out there but that the team could end up placing fourth or fifth in the Conference Championships. However, he has hopes of finishing in the top three. "The team has been practicing real hard with two workouts a day," Krauss said.

Diving Coach Gary Honjio says divers have a big part in swim events. "It takes about a year before they're up to competitive level, but we've always been pretty successful. Most of our divers are converted gymnasts or people who take the diving class offered in the fall."

With the start of the swim schedule, events will continue through May with the Western States Conference Championships set for April 22, 23 and 24 at Pierce College in Woodland Hills and the State Championships planned for April 29 through May 1 at Hartnell College in Salinas. complete schedules are available through the LAVC Athletic Department. All events are free.



BOB LA CATTIVA / Valley Star

Robert McGee cut-off Bakersfield's Chris Brown during the last seconds of Saturday's game at Valley. McGee was called for a foul and Brown made both free-throws to give Bakersfield a 55-54 victory.

Sports Calendar

Men's Basketball

2/13	College of the Canyons	Away	7:30 p.m.
2/17	West L.A.	Away	7:30 p.m.

Women's Basketball

2/13	College of the Canyons	Away	5:30 p.m.
2/17	Pierce	Away	7 p.m.

Baseball

2/11-14	Palm Springs	Away	T.B.A.
2/16	Santa Monica	Away	2 p.m.
2/18	Glendale	Home	2 p.m.

Swimming

2/13	Santa Monica	Away	Noon
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